



## PT Enhancement for 23 January 2010

(conducted by SFC Anders)

- Intro: class on “**Dieting Tips to Help You Succeed**”
- Formation: Explanation of PT Session, Risk Assessment (low)
- Warm up: 30 second marching then 1 minute running in place. Rotations for the full body. Stretching arms, chest, groin and legs (focus on upper body).
- Conditioning Activity: **Push-Up Power:**
  - Prison Push-Ups (45 seconds)
  - Side-Tri-Rise (30 seconds each side)
  - Wide-Arm Push-Ups (30 seconds)
  - Body Dip with One Leg Up (30 seconds switch leg every 5 reps)
  - Military Push-Up Press (30 seconds)
  - **Ballistic Stretching/Resting (30 seconds)**
  - One-Arm Push-Ups (30 seconds)
  - Push-Up Run (30 seconds)
  - One-Arm Balance Push-Ups (30 seconds)
  - Pike Press (30 seconds)
  - Plyo-Push-Ups (30 seconds)
  - **Ballistic Stretching/Resting (45 seconds)**
  - **REPEAT**

\* Cool Down: 1 minute of marching in place then stretches for arms, chest, groin, back and legs.

[Alternate for those that cannot do this type of workout (even with adjusted exercises) is to workout in the weight room or to go for a run/walk. Alternate PT soldiers are to return in time for cool down stretches and dismissal]

-----Created as part of the 235<sup>th</sup> KSRTI PT Enhancement Program